



# MAY HEALTH OBSERVANCE

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at M3.

## Bike to Work

### *The new way to commute*

What is efficient, economical, ecological and healthy? Biking to work!

#### **Commute by Bike**

It is estimated that over 50 percent of the U.S. population lives within five miles of their workplace. At an average speed of 10-12 mph, you could be to work in 30 minutes and burn about 200 calories. Even better, the more you ride, the faster you get – which burns even more calories and reduces your commute time.

Bicycle commuting has several other benefits as well:

- It reduces pollution and congestion. Automobiles are the largest source of air pollution in the United States.
- It saves gas money, parking ticket costs and automobile maintenance costs.
- It improves your physical fitness by becoming your daily exercise.

#### **Safety First**

To ensure safety on your way to work, follow these suggestions:

- Access community maps that will show designated bike routes, lanes and trails.
- Practice your route on the weekend to find the best paths and streets.
- Know the laws regarding bicycling in your community. Laws that apply to motor vehicle drivers apply to bikers too.
- Use hand signals to indicate stops and turns.
- Wear bright clothing to increase visibility. You can always change once you get to work.
- Be predictable and make eye contact with motorists so they know you are there.
- Always wear a helmet.

Statistically speaking, biking is safer than driving: Car accidents have more fatalities per incident than bicycle accidents.

#### **More Information**

Following are a few Web sites

to learn more about bicycle commuting:

League of American Bicyclists,  
[www.bikeleague.org](http://www.bikeleague.org)

U.S. Department of Transportation,  
[www.dot.gov/citizen\\_services](http://www.dot.gov/citizen_services)

U.S. Department of Transportation - Federal Highway Association,  
[www.fhwa.dot.gov](http://www.fhwa.dot.gov)

National Highway Traffic Safety Administration,  
[www.nhtsa.gov](http://www.nhtsa.gov)



### **Did you know...?**

Recent figures from AAA indicate the annual average cost of driving a medium-sized sedan is over \$8,000 a year. Think of how much you could be saving each year by biking to work instead.